

# SEMH Team Newsletter



Newsletter No 1.

## Welcome to the first SEMH Team Newsletter!

We hope that you are all keeping safe and well at this time of change. We as a team want you to know that we are still here working to support you and your children and young people albeit via methods that keep everyone safe - via e mail and telephone.

We have put together some of our favourite ideas for activities that you and your families and young people might like to use to keep them feeling happy and maintain positive wellbeing at the moment. The activities below can be for any age group.

Until then keep safe everyone and watch out for another newsletter and more ideas to help you.

From us all in the SEMH Team.

### Positive Jar

Fill an empty jar or tub with all the positive things about yourself and the time you are spending at home.



You might want to ask other people what they think is great about you!

### Happy Place

Think of your happy place. Its somewhere where you feel most relaxed and safe. Think about what you can see, touch, smell and hear. Imagine you could hold onto that place in your hands. Where would it be?



Draw or paint a picture of your place.

You can imagine your happy place if you want to relax or need help to get to sleep at night.

### A moment of calm....

Using a tablet, iPad, phone or camera, if you have one go and take pictures of a calm moment. You might want to go outside if you have a garden. If you do not have technology create a sketch or picture of your moment of calm.



### Play a game with your family! Here is one of our favourites..

Make foil sculptures. Use tin foil to wrap and gently mould around a family member's hand taking care to mould it around the fingers and notice how it feels. You could make sculptures of each other's feet, knees, and elbows and set up your own sculpture gallery!



## Feeling worried?

If you are feeling worried you can use your 5 senses to ground yourself and feel calm again..

Name 5 things that you can see

1



2

VISION

3

4



5

Name 4 things you can feel

1



2

TOUCH

3

4



Name 3 things that you can hear

1



2

HEARING

3



Name 2 things that you can smell

1



2

SMELL



Name 1 thing that you can taste

1



TASTE



Any questions? Please contact the SEMH team via Jane Shaw  
Team Coordinator  
[jashaw@solihull.gov.uk](mailto:jashaw@solihull.gov.uk)